

B Physical	I Mental	N Emotional	G Spiritual	O Social
Get 8+ hours of sleep two days in a row	Take some time away from technology	Write down positive affirmation (s) for yourself	Spend some time outside	Spend time with a friend - for fun not school!
Eat 2 full meals	Write in a journal or create a visual self-reflection	Rewatch a favorite movie, show, or video	Find or do something that inspires you	Ask for help with something small
Find a way to move your body (stretch, go the long way to class, exercise, etc.)	Take an extra long shower	Write a letter to your younger self	Complete a 10+ minute meditation	Share a hope or fear with someone you trust
Take an hour for yourself	Read something unrelated to school or work (news article, comic book, webcomic, book, poetry, etc.)	Do a comforting activity or hobby	Sing a song you love (dance to it too if you want!)	Talk to someone new
Drink enough water	Try something new	Find something that makes you laugh	Contribute time and/or resources to something you believe in	Reach out to someone you haven't spoken to in a while